

SLEEP

The **NHS** recommends the following amount of sleep per night:

11 years • night-time: 9 hours 30 minutes

12 years • night-time: 9 hours 15 minutes

13 years • night-time: 9 hours 15 minutes

14-16 years • night-time: 9 hours



sweet
dreams

In Year 7, if a child is getting up at 6.45am then they should go to **sleep** no later than 9pm.

Our sleep patterns are dictated by **light** and **hormones** but modern life has **disrupted** this pattern.

When light dims in the evening we produce **melatonin** which **tells our bodies it is time to sleep**.

Bright lighting, technology screens (TVs, phones, tablets etc.) emit enough light to stop our bodies producing melatonin.

This does not help children and teenagers when trying to sleep.

Advice:

Limit screens in bedrooms. Switch all screens off **1 hour** before bed.

Mobile phones should **not** be used or charged in the bedroom.

Teenagers should aim for **60 minutes exercise per day** (walking included).

Avoid **eating** dinner too close to bedtime. Cut out **caffeine**.

Read a **physical book** for **30 minutes** before the light is turned off.

Create a **sleep friendly bedroom** (dark, cool, quiet, comfortable).

Avoid lie-ins at weekends. They **disrupt sleep patterns** (like jet-lag).

Establish a **routine** and stick to it.

'Bedtime' does **not** equal **sleep time**. Ensure your son knows the difference!